Maintaining a healthy weight begins with understanding what you can eat and drink, especially when you have arthritis.

DID YOU KNOW: IF YOU’re OVERWEIGHT, APPROXIMATELY FOUR POUNDS OF STRESS IS REMOVED FROM THE KNEE FOR EVERY POUND LOST.

Keep the following tips in mind when you are planning your meals:

- **Make half your plate fruits and vegetables**
- **Enjoy your food, but eat less**
- **Make at least half your grains whole**
- **Drink skim or 1% milk**
- **Vary your protein food choices**
- **Drink water instead of sugary drinks**
5 Ways to Make Cooking Easier

Preparing a healthy, nutritious meal is important, but cooking can be daunting when your knees are aching or your fingers are stiff. Try these shortcuts to help make cooking with arthritis easier.

**Batch Cook**
Prepare 2 or more chicken breasts at a time and refrigerate the leftovers to use in salads or sandwiches the next day.

**Have a Seat**
Instead of standing at your counter or stovetop, pull up a high barstool and sit down to chop, mix, or stir.

**Cook it quick**
Microwave frozen vegetables or leftovers quickly, without adding fats or depleting nutrients. Using a microwave oven on the countertop eliminates stretching or stooping to cook.

**Stock the Slow Cooker**
Place meat or poultry, pre-sliced vegetables, spices, and liquid in a slow cooker, turn it on, and hours later, enjoy a hot cooked meal. And there’s only 1 pot to wash.

**Easier Grip**
Use kitchen or cooking utensils with padded handles or grips.

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Balanced Meals
Having a balanced meal means having the right proportion of fruits, vegetables, grains, proteins, and dairy on your plate. The diagram above can help you visualize a healthy balance of these 5 main food groups.